# T.O. SCIENTISTS SCORE STEM CELL COUP, PG 3

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TORONTO • MONDAY, MARCH 2, 2009 metronew

Celebrity pg 18

Rihanna, Brown working through issues

## A politician's best friend? Diamonds

**GEMS** Ontario's economy is reeling and a multibillion-dollar deficit is in the works — sounds like the perfect time to get a diamond-studded mace.

Three diamonds will be presented to the provincial legislature by DeBeers Canada.

The precious gems are from the Victor Mine in northern Ontario, which is expected to produce about 600,000 carats of diamonds each year during its projected 12-year lifespan.

THE CANADIAN PRESS

Almost like spring **Catching air ... and rays**

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Keegan Shawana, 14, takes off on his skateboard while enjoying the sun yesterday in Stan Wadlow Park in the Woodbine and Cosburn area. More sun is in the forecast today and tomorrow, but temperatures will remain cool until later in the week.

# Safety questions

## Truck speed limiters may make roads less safe: Report

**Ontario and Quebec now require electronic speed limiters on large trucks, but other provinces are rejecting the concept, saying the devices can sometimes actually make roads less safe.**

Even a study commissioned by the federal government has concluded there are safety questions about speed limiters, especially in heavy traffic.

"As the (traffic) volume is set close to capacity ... more vehicle interactions take place and this leads to a reduction in safety, especially for those segments with increased merging and lane-change activity, such as on- and off-ramp segments," reads the report prepared last year for Transport Canada by the University of Waterloo.

"In these instances, the introduction of truck speed limiters can actually reduce the level of safety when compared to the non-limiter case."

THE CANADIAN PRESS

### Ontario remains 'confident'

- The Ontario government points out that federal studies identified only a potential safety problem and the province remains "confident that reducing maximum truck speeds will improve safety," transportation ministry spokesperson Bob Nichols wrote in an email.

## AG may explore ticket concerns

There could be more bad legal news ahead for Ticketmaster, which is already facing two class action lawsuits in Canada and just settled a costly fight with Bruce Springsteen and his fans.

The Canadian Press has learned Ontario's Ministry of the Attorney General is looking into the sale and pricing of tickets for events in the province.

Attorney General Chris Bentley "is exploring options right now to address mounting concerns about access to tickets and the cost of tickets," a source close to the minister said yesterday.

It's not known whether those options would include legislation or a formal investigation into the sale and resale of tickets.

Bentley is expected to have more to say on the matter when he meets with reporters following today's question period at the legislature.

"Minister Bentley wants to ensure families and music fans are being treated fairly when they buy tickets for concerts and other events," said the source.

THE CANADIAN PRESS

### Change

- Ticketmaster agreed last week to change the way it sells tickets in the United States after Bruce Springsteen fans in his home state of New Jersey complained about being redirected to TicketsNow.

### Riding the Recession

**Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.**

- Canada

**Cities are seeing a decrease when it comes to their recycling programs, pg 4**

- Comment

**Anne Hines offers a lesson in recession etiquette, pg 6**

- Tomorrow

**Health – Inexpensive fitness options that won't make you break an economic sweat**

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**HRC rules that courts must allow witnesses to cover up**
Ontario courts have a duty to accommodate religious beliefs, and that means a Toronto woman who wants to testify while wearing her niqab — a veil covering everything except her eyes — must be allowed to do so, the Ontario Human Rights Commission says. TORSTAR NEWS SERVICE

# Local

## Drinking during pregnancy costs $5B

**The damage caused by expectant mothers who drink during pregnancy is costing Canada more than $5 billion a year, says a new report. Fetal Alcohol Spectrum Disorder impacts one in 100 children, or almost 243,000 Canadians, causing low birth weight, restricted growth, physical and mental disability and, in some cases, heart problems. Doctors dealing with FASD say there is a dire need for more diagnostic services.**

TORSTAR NEWS SERVICE

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## Tomorrow's Metro

### Comment

Lawrence Martin brings his insights on the world of politics in his column the National Report.

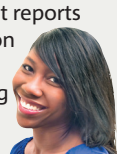
## metronews.ca

What's online today.

**Watch** Investors brace for another gloomy week amid rumours of U.S. bank nationalizations and sharp job losses at **metronews.ca/canada**

**Watch** Environment Canada cautions to not put away the winter clothes just yet at **metronews.ca/canada**

**Read** Kenya Hunt reports from Milan Fashion Week, where boots are reaching for the thigh.



## Lotteries

**Friday, Feb. 27**
**Lotto Super 7:** 4, 19, 24, 25, 27, 33 & 34. Bonus 32.
**Saturday, Feb. 28**
**Lotto 6/49:** 2, 8, 26, 46, 48 & 49. Bonus 34.
**Sunday, March 1**
**Ontario Pick 3:** 5 6 8; **Ontario Pick 4:** 9 2 3 8
**Encore:** 4259991
**Daily Keno:** 3, 11, 21, 23, 26, 35, 36, 38, 43, 44, 46, 49, 51, 54, 61, 63, 65, 68, 69, 70.
These results are not official.

## News in brief

**GREENBELT** Environmentalists say Ontario's 728,000-hectare greenbelt should grow by about 60 per cent to guard against urban sprawl.

THE CANADIAN PRESS

# Stem cells breakthrough

## Toronto researchers find new method to get stem cells from adults

**Canadian researchers have developed a new method for generating stem cells from adult human tissue, a move they believe will bring the dream of personalized regenerative medicine a step closer to reality.**

In a study published online yesterday in the journal Nature, scientists at Mount Sinai Hospital in Toronto describe a new reprogramming procedure to transform adult cells — such as those from a patch of skin — into stem cells.

Like embryonic stem cells, they are "pluripotent," meaning they can give rise to almost any kind of cell in the body.

"This new method of generating stem cells does not require embryos as starting points and could be used to generate cells from many adult tissues, such as a patient's own skin cells," said principal author Andras Nagy, senior investigator at Mount Sinai's Samuel Lunenfeld Research Institute.

One of the critical components reported in Nagy's paper was developed in conjunction with Dr. Keisuke Kaji of the University of Edinburgh.

The ability to transform skin cells into stem cells isn't new. But previous approaches required the use of viruses to deliver the four genes needed to activate the cell and accomplish that task.

THE CANADIAN PRESS

### Next step

- The next step for the team is to work with stem cells created from the cells of patients with certain diseases, such as Huntington's or Type 1 diabetes, to better understand those conditions at the cellular level.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

**Pro-Tibet demonstrators gather outside the Metro Toronto Convention Centre yesterday to protest against a Canadian mining firm doing business in Tibet.**

## Group protests mining in Tibet

**DEMONSTRATION** It was peaceful, loud and attention-grabbing.

Seven pro-Tibetan activists posed as delegates to a downtown mining convention yesterday morning, then unfurled a six-metre-long red banner that read "HDI — STOP MINING TIBET."

Some chanted "Tibet is our land" and "stop mining in Tibet," while two others lay motionless on the floor under the banner, in what they called a "mock die-in" to protest Canadian mining in Tibet.

The protest, which lasted about 10 minutes, took place at a booth run by Hunter Dickinson/Continental Minerals, a Canadian venture into gold and copper mining at the Xietongmen Project in Tibet.

Protesters recorded it with still and video cameras and quickly posted images on the Internet.

Ron Thiessen, chair of Continental Minerals, a partner in the Hunter Dickinson (HDI) project, said he respects the rights of protesters to voice their views.

"We respect everyone's right to make statements," Thiessen said.

Thiessen said any future project by his firm would be safely run and up to Canadian standards.

"We're not mining yet (in Tibet)," Thiessen said. "We hope to be."

The protest comes amid reports that China has flooded Tibet with tens of thousands of troops in anticipation of the 50th anniversary of the failed March 10, 1959, uprising against Chinese military rule. Protesters charge that Tibetans are unable to freely consent to mining operations.

TORSTAR NEWS SERVICE

## Animal welfare act to boost abuse penalties

**LAW** Ontario's Provincial Animal Welfare Act officially took effect yesterday, ushering in tougher penalties for animal abuse.

Before overhauling the 90-year-old act, the province had been criticized for having the most lax animal protection laws in the country.

The provincial government says it has gone from "worst to first" and Ontario is now the only jurisdiction in Canada with special protections for law-enforcement animals like police dogs and horses.

The legislation also imposes new rules on the province's dozens of roadside zoos, giving the Ontario Society for the Prevention of Cruelty to Animals the right to inspect them.

Veterinarians are now required to report any instances of abuse or neglect.

And a new section of the act makes it illegal to cause an animal distress, train an animal to fight, or have structures or equipment used in animal fights.

Penalties for individuals under the act include fines between $1,000 and $60,000 and jail time between 30 days and two years.

THE CANADIAN PRESS

## Correction workers have a deal

**UNION** The provincial government says it has reached a tentative agreement with about 5,500 corrections workers represented by the Ontario Public Service Employees Union.

The government says the deal must be ratified before details can be released.

The workers are employed in provincial jails, correctional facilities, youth centres and probation and parole offices.

They had voted overwhelmingly in favour of a strike based on the province's previous offer, which included a plan to curtail their use of sick days.

The union did not immediately release details of the deal, or reasons for endorsing it, but did urge members to support it.

THE CANADIAN PRESS

**Botched breast cancer tests inquiry report delayed**
The Newfoundland government says it has not yet received Justice Margaret Cameron's report into botched breast cancer tests in Newfoundland and Labrador, which was scheduled to be publicly released today. METRO NEWS SERVICES

# Canada

## No free riding for Greens

**Liberal Leader Michael Ignatieff said he intends to have candidates in all of the nation's ridings, including one in Nova Scotia where the Liberals did not run in the last election after a deal with the Green party. Ignatieff's predecessor, Stéphane Dion, made the deal with Green Leader Elizabeth May not to run a candidate in the riding, which was won by Tory Defence Minister Peter MacKay by a wide margin.** THE CANADIAN PRESS

# Border security needs improving: Study

**Canada's border agency allows some strategic nuclear and military equipment to leave the country without checking whether rogue countries or terrorists are the buyers, a new report suggests.**

The finding comes shortly after Prime Minister Stephen Harper assured U.S. President Barack Obama that Canada takes border security seriously.

The internal evaluation found that exporters of strategic equipment that's subject to strict controls too often file their own paperwork after hours at border crossings — without inspections by the Canada Border Services Agency.

Since the terrorist attacks of Sept. 11, 2001, trading nations such as Canada have taken more responsibility for vetting their exports to identify potentially dangerous goods, rather than leaving the problem to importing countries.

### Non-compliance

- Several reviews of the paper forms last year, based on samples, found that about half were for machinery and equipment — and that "about half of the goods reported this way were non-compliant."
- "Non-compliant" can range from simple administrative errors to exporting controlled goods without a permit. Agency spokeswoman Tracie LeBlanc said a "high proportion" of the non-compliance was because of administrative errors.

Most exporters in Canada file their declarations electronically ahead of shipping, allowing the border agency to better manage inspections and to red-flag suspicious cargo.

But about 15 per cent of all exports from Canada are reported on a paper form, which hobbles the inspection process. The United States and the European Union, on the other hand, require all export declarations to be made electronically in advance of shipping.

The report calls for an end to antiquated paper forms, just as paper forms have been eliminated for import declarations in Canada since 2004.

The agency says it will produce a study by October on how to eliminate paper forms and tighten security. THE CANADIAN PRESS

## News in brief

**WEATHER** Don't put away the snow shovels and parkas just yet. Environment Canada says what has been a colder and snowier winter than normal in most of the country will continue for March. The colder winter has been caused by a cooling system over the Pacific Ocean called "La Nina."

**KIDNAPPING** A 56-year-old man is facing charges of kidnapping and sexual assault after a 16-year-old Alberta girl disappeared for two days before turning up at a mall, telling family she'd escaped from her captor. RCMP in Red Deer arrested a local man and seized his vehicle.

**CHARGES** Sudbury police have a suspect in custody more than 16 years after an alleged fight between two biker gangs. Police say the investigation stretches back to an incident Sept. 6, 1992, when members of two rival gangs were reported to be fighting outside a hotel. THE CANADIAN PRESS

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# Downturn hits recyclables market

TRACEY TONG
tracey.tong@metronews.ca

Riding the **Recession**

In a recession, there are lots of differences people will notice. But the effect of changing economic times on a city's recycling program is not one of them.

While residents won't see a change to recycling programs, cities across Canada will definitely notice a difference, said Albert Shamess, director of solid waste services for the City of Ottawa.

"The issue for us and for all cities is the reduction in revenue for recyclables," Shamess said.

In Toronto, the city's monthly recycling revenue for the sale of curbside materials is approximately $1 million to date in 2009. In 2007 and 2008, the monthly revenue was roughly $2 million.

"While we cannot predict what the prices for marketable recyclables will be by December 2009, we are optimistic that recycling revenues will improve from today's levels as the year passes," said Pat Barrett, a spokesperson for the City of Toronto.

WITH FILES FROM TARYN MCELHERAN AND ROBYN YOUNG

ANDREW VAUGHAN/THE CANADIAN PRESS

A pedestrian heads past a seal hunt protest outside the provincial fisheries minister's office in Halifax recently. The Atlantic Canadian Anti-Sealing Coalition displayed signs to express their sentiments.

## Sealers await Europe vote

Tense times are ahead for Canada's sealing industry as the European Union grapples with its proposed seal products ban, beginning with a vote today that could determine the parameters of the legislation.

A 44-member committee of various political persuasions will decide whether to implement a labelling and certification system that would allow the import of seal products, as long as they were hunted in a humane manner. THE CANADIAN PRESS

THE CANADIAN PRESS

Canadian Scottish Regiment Pte. James Swan, right, is shown in a family handout.

## Chief takes up arms against Taliban

**FORCES** There was a time, many lifetimes ago, when the Ahousaht people took up arms against the colonial army that labelled their homeland Vancouver Island.

But later this year a hereditary chief of the West Coast native band will take up arms alongside the British, as a member of the Canadian Forces fighting the Taliban in Afghanistan.

Pte. James Swan, a 44-year-old Manhousaht hereditary chief, will head to the war-torn country as a member of the C Company, 1st Battalion Princess Patricia's Canadian Light Infantry based in Edmonton. Swan, called Uu-Kwa-Qum by his people, is a member of Vancouver Island's Canadian Scottish Regiment, a reserve regiment.

About five months ago, after talking it over with his family, he volunteered for active duty.

"I wanted to do something a little bit more than being in the reserves," said Swan, adding he hopes to put the skills he has learned to use. "I had a good discussion with my wife first." THE CANADIAN PRESS

# SUDDENLY, GOING OUT SEEMS SO OVERRATED.

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# Comment & Views

## Comment

# Manners matter, even in a recession

HineSight

**Anne Hines**

metronews.ca/hinesight

Even in these times of financial restraint, there are still some things we don't have to do without. I don't mean having fun or believing the reason corporate CEOs make millions a year is because they know what they're doing. That's all over. What we still have, even when the world is going to hell in a handbag — and definitely not a Prada — is the chance to behave like civilized human beings.

Good manners matter. They're what separate us from the animals. That, and being able to get credit cards. But keeping up on the newest recession etiquette can be a challenge. How many of us lately have lain awake the night before an important dinner party wondering, "Which fork do I provide for the Spam course?" or "Is it rude to use the phrase 'disposable income'?"

Help is at hand. Here's answers to your most commonly-asked recession-etiquette questions:

Dear Anne: I'm having dinner with a former wine snob who has fallen on hard times. What should I say?

Answer: *"What interesting wine. 2008 was certainly an excellent year for grapes in Moosanee." Or "It's wonderful how you're trying to conserve cork trees by buying wine in those big plastic jugs."*

Dear Anne: I have a vacation planned at an expensive hotel. Is there some way I can get out of tipping the maid?

A: *Sleep on the floor and shower in the lobby fountain.*

Dear Anne: My fiancé thinks we should scale down the lavish wedding I planned before the economy tanked, but I say, "You only get married once … or two or three times, tops." Is there a way to throw a low-cost reception that will still have our guests talking?

A: *Pass out KFC snack packs in the church parking lot. Believe me, they'll talk.*

Dear Anne: I'm starting my first job and the dress code is "no jeans." I can't afford new clothes. What should I do?

A: *This is your chance to be both creative and a stand out. Go through your closet and review what clothes fit this code. For instance, "no jeans" does not mean no leftover prom dress, wet suit or long underwear.*

Having good manners will help us weather this recession with élan. And, what's even better? They're absolutely free.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

## Views

# GO directors get on with system changes

InTransit

**Ed Drass**

metronews.ca/intransit

It's been a year since Oakville resident Pat Eales presented GO Transit with a petition of over 10,000 "virtual" signatures. The petition asked for a fare rebate when GO "is late more than 20 minutes," and for better notification of cancellations or delays, as well as more cars added to trains to ease overcrowding.

The GO directors dismissed refunds without discussion at their meeting in March 2008. However, agency chair Peter Smith did announce the creation of a customer-advisory committee. There are representatives from each rail line as well as two others. They prefer anonymity, unlike similar transit advisory bodies, but riders will eventually be able to submit complaints to the committee via the internet.

What else has GO done? Most improvements in the last year were scheduled before the public outcry, although some address concerns raised in the petition.

New crew arrangements mean one employee per train is dedicated to customers — I'd have to hear more from riders to discern whether announcements have improved. GO could begin yearly customer satisfaction surveys, which may or may not be made public.

Most stations along Lakeshore have new information displays and more are expected.

Over the year, rail service was expanded at the edges of the system (including to Uxbridge today) and a few trains were inserted along the Lakeshore route.

Less visible was a shuffle in some top staff positions at GO and a new director joined the board to specifically deal with passenger communication.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.

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**Bus driver accused of not stopping student abuse**
A Portage, Ind., school bus driver has been charged for allegedly doing nothing to stop three teenage boys from terrorizing female students on his route. THE ASSOCIATED PRESS

# World

## 1,000 face charges

### Special court to try mutinous border guards

**Bangladeshi police charged more than 1,000 border guards with murder and arson yesterday after a bloody mutiny in the capital, Dhaka, left 148 people dead or missing, most of them army officers.**

The government announced plans to form a special tribunal to try the guards who organized the mutiny.

Of a total of 181 officers, only 33 are known to have survived the uprising at the Bangladesh Rifles border force headquarters in Dhaka. Teams continued searching the compound and nearby sewers yesterday for more bodies, including 71 people still unaccounted for.

The insurrection apparently erupted over the border guards' long-standing complaints that their pay has not kept pace with the salaries of army soldiers.

Hundreds of guards began reporting back to their headquarters yesterday — all claiming they had no part in the mutiny — after the Home Ministry gave them a 24-hour ultimatum to return to their posts or face disciplinary action.

THE ASSOCIATED PRESS

PAVEL RAHMAN/THE ASSOCIATED PRESS

The wife of a missing Bangladeshi border guard tries to gather information about him at their headquarters in Dhaka yesterday.

## News in brief

**AFGHANISTAN** The way Canada conducts ground level operations in southern Afghanistan faces a major overhaul with the release of a new army manual that instructs soldiers on how to fight a guerrilla war. The Counter-Insurgency Operations manual lays out in black and white many of the hard lessons soldiers and commanders learned during the first ground conflict the army has fought in half a century.

**NUCLEAR** The top U.S. military official says he believes Iran now has enough fissile material to build a nuclear bomb. Admiral Mike Mullen issued that assessment after the world's nuclear watchdog said last week that it was wrong in earlier reports and now has evidence Iran has enough enriched uranium to make a nuclear weapon. THE ASSOCIATED PRESS

## Top execs among 3,000 vying for temp zoo jobs

**TEMPS** The jobs are temporary, at basic wages, and some involve cleaning up after zoo animals. But Britain is suffering a recession, so when the help-wanted ads appeared, 3,000 people applied, including laid-off executives and company bosses.

Job hunters caused an eight-kilometre traffic jam when they all arrived for Saturday's recruitment day at Twycross Zoo, said spokesperson Kim Riley.

The zoo, in Atherstone, central England, is home to lions, elephants and dozens of primates, and it advertised for temporary cleaners, cooks and park rangers — posts usually worked by college students. "You don't expect to see heads of households, or company directors coming to apply, but we saw all kinds of people here yesterday," Riley said.

**"You don't expect to see ... company directors coming to apply"**
Kim Riley, zoo spokesperson

Successful applicants will work from late March to September for basic wages, dealing with an expected upsurge in visitors as Britons choose to holiday at home as a result of the economic downturn.

THE ASSOCIATED PRESS


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**Blog about Guyana bank causes panic**
The Guyana Bank for Trade & Industry said it fielded thousands of calls from worried customers after bloggers said Thursday the bank was seeking $5 million US in government aid to avert a collapse, which it said was not true. THE ASSOCIATED PRESS

# Business

## Buffett optimistic amid crisis

**Warren Buffett says the economic turmoil that contributed to a 62 per cent profit drop last year at the holding company he controls is certain to continue in 2009, but the revered investor remains optimistic. Buffett released his annual letter to Berkshire Hathaway shareholders Saturday, and detailed the worst of his 44 years leading the Omaha-based company.** THE ASSOCIATED PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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## U.S. woes likely to pressure stocks

**MARKETS** There will be likely little to cheer investors this coming week after concerns about bank nationalization in the United States were heightened by a new aid deal for American giant Citigroup.

As well, the end of the week will see data showing more horrendous job losses in the United States during February.

Performance was split in North America last week as key U.S. indexes lost ground. However the Toronto market bounced off 2003 levels to end the week up two per cent, in part because of a sharp move up in financial stocks. THE CANADIAN PRESS

## In brief

**SUMMIT** Germany rejected appeals yesterday for a single multibillion-dollar bailout of eastern Europe. The swift, strong comments by German Chancellor Angela Merkel dampened hopes that leaders at the EU summit could forge a unified stance to tackle the global economic crisis.

**NEWSPAPERS** As revenue reductions put the future of many U.S. newspapers in doubt, one idea gaining attention is the conversion of newspapers into tax-exempt nonprofits supported by large endowments. Although viewed by many as a long shot at best, such a radical change could be a saviour for the industry and its vital role in a democracy. METRO NEWS SERVICES

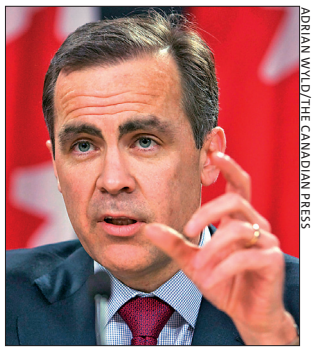
# Rate cut expected

## Bank of Canada running out of bullets?

**Just about now, Bank of Canada governor Mark Carney should be experiencing that sinking, helpless feeling about the economy.**

The former Goldman Sachs executive is widely expected to cut short-term interest rates another half-point tomorrow to bring the central bank's overnight rate to a barely-noticeable 0.5 per cent. For all practical purposes, zero.

That would make it the seventh time Carney has cut interest rates since taking charge last February. In that time he has also injected $40 billion in cash into the economy through asset swaps with banks, and last week took the unusual step of agreeing to accept corporate bonds as collateral to try and free up credit. None of it has worked and the economy continues to decline.


ADRIAN WYLD/THE CANADIAN PRESS
Mark Carney

In his last speech in January, Carney insisted that monetary action taken so far "will work," noting the lengthy lag time between action and impact, often cited as 12 to 18 months. Since the bank started cutting 15 months ago, Canada should be just beginning to feel the effects.

Carney has invested a lot of credibility in the assertion it will work. However, until global banks have the confidence and wherewithal to start lending again, the U.S. and global economies will continue to struggle. And that will keep prices for commodities that Canada exports low, sap demand for Canadian manufactured goods, and in turn stifle Canadian job creation and incomes.

And that's where Carney's frustration comes in. He is a spectator in a game played outside his borders, able to influence the outcome only at the margins. THE CANADIAN PRESS

Front page of today's Metro Moscow newspaper.

## New Metro newspaper in Moscow

**MEDIA** Today Metro International launches a brand new paper in Moscow, one of the most exciting cities in the world.

The new-look paper will cover the best of what Moscow has to offer, from the latest local news and politics, to the hottest sporting talent, travel destinations and reports from the frontline of the Russian capital's fashion scene. It will also publish international news stories from Metro International. METRO WORLD NEWS

### The city

- More than nine million people use the subway in Moscow every day, one of the highest in the world.
- Moscow is Europe's largest city with a population exceeding 15 million.

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**Eco-friendly studio for Jimmy Fallon**
Jimmy Fallon is taking over for Conan O'Brien as Late Night host tonight — and his new studio digs are going to be as green as possible. "Everything is recycled," he recently told The New York Post. "We are building everything with recycled metals and using all green lighting." METRO NEWS SERVICES

# Going Green

## Cut down on junk mail

**Don't just chuck that unwanted fax or junk mail into recycling bin. Remove yourself from the mailing list by contacting the company directly or calling the Canadian Marketing Association (416-391-2362) and asking that your name be taken off their list. Also, put up a "No Junk Mail" notice on your mailbox.** TORSTAR NEWS SERVICE

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

# Cost of road salt

EarthTones

Sophia Dore & Andrew Laursen

earthtones.metro@gmail.com

Late winter is a dirty time of year in Canada. The snow is dirty, the roads are dirty and winter coats, boots and especially cars have a white film on them from the road salt.

We have used a lot of it this winter to keep us safe while driving and walking, however, eventually much of the salt we have been dumping on the roads and sidewalks will be washed into waterways. Other salt that is entrained in snowbanks will end up in soil by the sides of roads.

Salt in surface water can cause toxic effects to spawning or hatching fish, and can cause metals to become dissolved in water, which can have further toxic effects. Drinking water quality, whether from surface water or groundwater, can also be impacted. Salt washed into soil doesn't go anywhere and accumulates year after year, destroying soil structure and causing fewer plants to grow in this soil and erosion to increase.

Salt by the side of roads lures animals to these "salt licks," which increases the likelihood that these animals will be hit by a car.

Now don't get us wrong, de-icing is necessary. A city can shut down for the odd severe snowstorm, but all activities cannot cease when we get a few centimetres of snow. There are, however, de-icing alternatives that should be considered for our roads.

The most commonly used road salt is rock salt, or sodium chloride, which is also the chemical that forms table salt. Alternatives to sodium chloride include magnesium chloride and calcium magnesium acetate. Magnesium chloride could cause less vegetation damage and less solubilization of metals in water than sodium chloride. It works at lower temperatures than rock salt and is commonly used in combination with rock salt when it gets very cold. It is, however, about seven times more expensive than rock salt.

**"The use of cheap rock salt is going to have to be drastically reduced and one or more of these more expensive alternatives is going to have to be phased in. We cannot keep trading short-term cost for long-term cost."**

Calcium magnesium acetate has far fewer toxic effects than rock salt and is, to some extent, biodegradable. The calcium and magnesium would remain in soil but the acetate would degrade. Using this alternative would avoid toxicity caused by chloride ions. It could be spread in much the same way as rock salt although because of its particle size, it may be more likely to blow around. It does, however, take longer to melt ice than rock salt does and is roughly 20 times more expensive.

Various de-icing techniques can also reduce salt use. Anti-icing, or the preemptive spreading of salt before a snowfall, can result in the requirement for less salt per unit of road surface. Prewetting the salt, i.e., spraying on the roads as a solution rather than as a powder also results in the use of less salt. Sanding is another option, although it comes with its own set of environmental issues, and probably can't be used as the sole de-icer without a severe impact to the way we travel in the winter.

When it comes to keeping our roads safe in the winter without doing further harm to the environment the truth must be faced.

We are going to need to pay more for de-icing. The use of cheap rock salt is going to have to be drastically reduced and one or more of these more expensive alternatives is going to have to be phased in. We cannot keep trading short-term cost for long-term cost.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.

ADVERTISING FEATURE

# eBay Sellers are Making $10,000+ a Month

*By James Ryder*

Why settle for mediocre pay and long hours when it is possible to make over $100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

Dan Lok, online auction and internet expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home. Now Lok is making around $10,000 a month.

"People shouldn't wait until they find themselves out of a job before they find out they are not financially secure," Lok said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can make $1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these benefits and more.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

According to a speech given by former Senior Vice President of Products Development, Lynn Reddy, on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

Lok said he does not recommend attempting to become a full-time online auctioneer with eBay without learning the basics first.

"It's like driving a car," Lok said. "It's easy to do but if no one shows you how to drive, you could end up in an accident that costs you time and money to fix."

This should not be taken as discouragement to start working with online auctions.

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery," Lok said, "when selling on eBay is like winning the lotto every day."

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- ✓ **Discover the Secret Internet Marketing Weapon to get your loads of FREE visitors and targeted web traffic... willing to spend money on YOUR product or service!**
- ✓ How to use Craigslist to get FREE Advertising for your business – legally!

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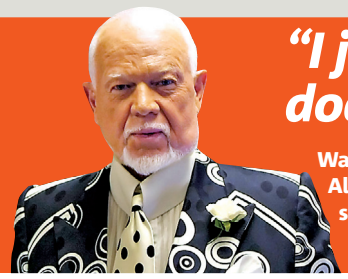
**Patriots put faith in Brady's recovery, trade Cassel**

Kansas City and New England finalized a major NFL trade Saturday, a deal that sent quarterback Matt Cassel and linebacker Mike Vrabel to the Chiefs in exchange for a second-round pick in April's draft. **METRO NEWS SERVICES**

# Sports



***"I just thought he was wrong ... he doesn't know Alex like we know Alex"***

**Washington Capitals coach Bruce Boudreau on CBC's Don Cherry, left, who criticized Alex Ovechkin Saturday, saying the Caps' star's goal celebrations feature "goofy stuff" and suggesting that he will eventually take a big hit on the ice as a result.**

**METRO NEWS SERVICES**

EDITOR: JOHN.CHICK@METRONEWS.CA

## Raptors **In Big D**

GLENN JAMES/NBAE VIA GETTY IMAGES

**Toronto Raptors Joey Graham puts up a runner over James Singleton of the Mavericks in Dallas last night. For a complete game recap, visit metronews.ca/sports.**

# What's a number?

**ANDREA WOO**
for Metro Canada

**Aleisha Cline's response of how she juggles being both a mother to two small children and an Olympic athlete isn't too surprising.**

"Oh God," said the Calgary-born, Kelowna-raised ski cross champion with a laugh. "That's not easy. (I get) a lot of support from the family because there's no way that I could do it otherwise."

Cline, who lives in Whistler with her husband and children, has inspired many by not only balancing the two, but by doing so at 38. In comparison, her youngest teammates on the Canadian ski cross team are only 19.

### Online

- Keep up with Cline's season and progress on her blog at aleishacline.com.

**38-year-old Aleisha Cline will compete in the 2010 Games.**

"Hopefully, I can be an inspiration and a role model to other women my age with a couple of kids," she said. "Most women out there think, 'Oh my God, I have two kids. My life is over.'"

Cline has four gold medals and one silver from the X Games.

**"Most women out there think, 'Oh my God, I have two kids. My life is over'"**
Aleisha Cline

On Feb. 6, she added another gold medal to her collection winning the World Cup competition at Cypress Mountain in West Vancouver, winning all of her four races while hometown friends cheered her on. Having acquired a taste for the precious yellow metal, she hopes to chomp her teeth into it once again at the 2010 Winter Games, when ski cross will be an Olympic sport for the first time.

"It's so neat to be able to ski and race and show my friends and family what I do when I'm gone," she said. "You can send emails and photos and tell them about the course, but you really don't get a good feel of it until you get to see it."

## Brodeur nets 100th shutout

**NHL** Martin Brodeur earned his 100th NHL regular-season shutout with a 27-save effort to lead the New Jersey Devils past the Philadelphia Flyers 3-0 yesterday. The shutout was the second in three games since Brodeur returned Thursday from elbow surgery, and moved him to within three of tying Terry Sawchuk's mark of 103.

## Shaq continues hot streak in win

**NBA** Shaquille O'Neal scored 33 and the Phoenix Suns overcame a 49-point performance by Kobe Bryant to beat the Los Angeles Lakers 118-111 yesterday. Matt Barnes added 26 points, 10 rebounds and seven assists as the Suns, without Steve Nash for the third straight game, beat the Lakers for the first time in four tries this season. After his 45-point game against Toronto on Friday, O'Neal has consecutive 30-point games for the first time since March 5-7, 2004.

**THE ASSOCIATED PRESS**

## **Sports** in brief

**SOCCER** Manchester United won the League Cup with a 4-1 penalty shootout victory over Tottenham yesterday that kept the English Premier League leader on course for an unprecedented five trophies this season. The victory gave United its second trophy of the season following December's Club World Cup title.

**NFL** Detroit Lions defensive end Corey Smith and Oakland Raiders linebacker Marquis Cooper were among four boaters missing yesterday off Florida's Gulf Coast, the U.S. Coast Guard and Smith's agent said. Smith and Cooper were on a 6.5-metre vessel that left Clearwater Pass on Saturday morning for a fishing trip and did not return as expected, the Coast Guard said.

**MLB** Jim Bowden resigned yesterday after four seasons as the Washington Nationals general manager, leaving under the cloud of a federal investigation into the skimming of signing bonuses given to Latin American prospects. He has maintained his innocence in the matter, but said yesterday, "I've become a distraction." Bowden met last year with FBI investigators looking into allegations of skimming of signing bonuses. **THE ASSOCIATED PRESS**

**Opportunity knocks**
Dress Your Best — which aims to help outfit job-seeking Canadians with the appropriate attire needed to succeed — is seeking volunteer fashion stylists, clothing sorters and boutique organizers. Email Frances Cooper at volunteer@dressyourbest.ca or go to dressyourbest.ca. METRO NEWS SERVICES

# Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## ‘There is definitely a role for you’

RAFAEL BRUSILOW
for Metro Canada

**Volunteering is alive and well in Canada and there are more ways to give back than ever before.**

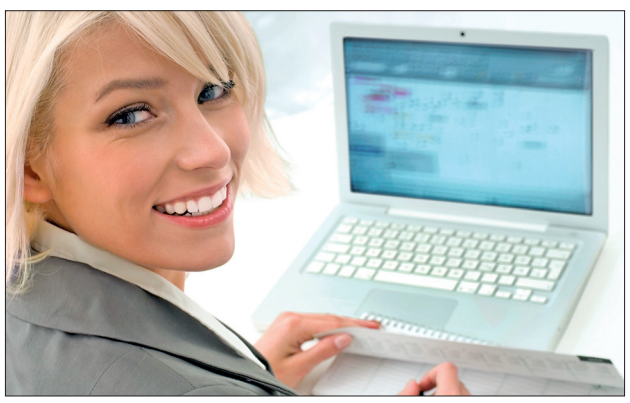
In the most recent report on volunteering in Canada, 12 million Canadians said they volunteered in 2004, or roughly 45 per cent of the population at that time. That number is substantially higher than in 2000, when only 27 per cent of Canadians said they volunteered.

Volunteers across Canada gave two billion work-hours of their time in 2004, the equivalent of one million full-time jobs, with an average contribution of 168 hours each, compared to 1.05 billion work-hours volunteered at an average of 162 hours each in 2000.

Shirley Weir, communications director for Volunteer Vancouver, says the stats show that volunteers abound in Canada.

“Many stories we read give us the impression that there aren’t enough volunteers, but there are plenty of people who are passionate about causes and want to give back their career skills and expertise to their community,” Weir said.

She says the volunteering world is on the verge of a major paradigm shift that is seeing less focus on using volunteers for menial tasks in an organization and more acceptance of “knowledge philanthropy” — where skilled people donate not only their presence, but their advanced talents as well. While traditional volunteer roles are still needed — stuffing envelopes, canvassing door-to-door, helping with inventory handling — “new volunteers” might be more inclined to create a website for the cause, do an organization’s taxes, provide advanced productivity consulting or help craft a budget.



Volunteers don’t just stuff envelopes; ‘new volunteers’ might be more inclined to create a website for the cause, for example.

Karen Franco, communications director for Volunteer Calgary, says 71 per cent of Calgarians surveyed in 2005 said they volunteer and an increasing number are offering their knowledge skills to help make a difference.

“There’s a trend towards rethinking what volunteering is. If you’re an IT or communications expert or a human resources specialist, there is definitely a role for you,” Franco said.

Deborah Gardner, executive director of Volunteer Toronto, says at least 500,000 Torontonians volunteered their time last year and the need for knowledge philanthropy was a large part of that number.

“In Toronto we have a deep and rich diversity of skills and, consequently, a great need for them,” Gardner said.

Across Canada, volunteers are discovering the satisfaction that comes with making a positive impact in their communities.

“Volunteering comes down to the individual feeling of being connected and giving back to your community. It gives you a strong sense of making a contribution,” Gardner said.

### Getting started

- **Think deep.** The most common reason people give for volunteering is believing in a cause; find something you care about.
- **Aim for change.** If you want to make the world a better place, decide on what needs to change.
- **Use your brain.** Make a list of what skills you have to offer, such as your talent for organization. That way, you’ll know how to make the biggest impact.
- **Walk both ways.** Think about what skills you’d like to practise and develop yourself. Volunteering can be a great opportunity to do something you wouldn’t have a chance to do otherwise, like writing.
- **Ask first.** Talk to your chosen organization about their philosophy, goals and, most importantly, what roles they have available for you.

— RAFAEL BRUSILOW /FOR METRO CANADA

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**Metro Workology exclusive: Matters of the Heart**
Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and Metronews.ca/work as well.

# Workology

## Podcasts up grades?

**New research from the State University of New York in Fredonia concluded that students who download a podcast lecture earn substantially higher test results than those who attend a large lecture in person.**

METRO NEWS SERVICES

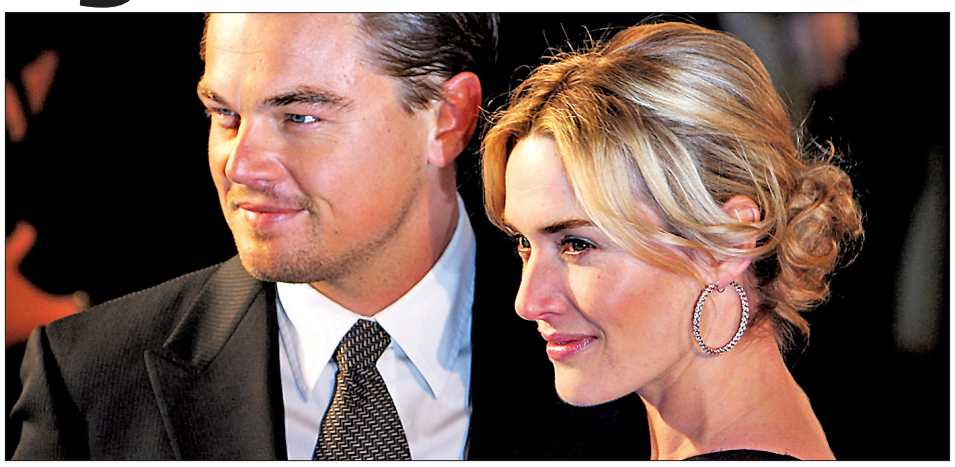
EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Quarrelling couples can be quieted, according to one couples counsellor, as long as they look at themselves rather than blaming each other for their problems.

# Helping weather the storm

**Matters of the Heart**

JON TATTRIE
for Metro Canada



Relationship counsellors are there to help couples through the hard times, such as the perpetual hard time this onscreen couple portrayed in Revolutionary Road.

**If Leonardo DiCaprio hadn't slipped under the icy waters of the Atlantic after Titanic sunk, there's a good chance he and Kate Winslet would have ended up on Revolutionary Road. The film's deeply unhappy couple bogged down in trench warfare shows what can happen when young love ages badly.**

Carolyn Humphreys specializes in helping couples become king of the world once more. The psychologist with almost 30 years experience in reviving dying relationships says it usually comes down to broken communications.

"They feel they don't have any intimacy anymore," the Halifax-based psychologist says. "People start off with the best of intentions and feel very safe and trusting with their partner, but it erodes over time."

The couple settles into a "relationship dance" where one attacks and the other withdraws, or both attack. Understanding falters and unexpressed emotions fester.

Humphries says it doesn't matter whether it's about money, sex or parenting: The pattern is the same. Identifying this framework of fighting allows couples to gain perspective on themselves. When courageous couples get down to the root of conflict and open up once more, healing can bloom.

"The therapist will help each person talk about what those feelings are below the surface," Humphreys says. The other partner has a chance to listen without needing to react. This allows them to actually take in the fears of their partner. "They might say, 'Wow, I didn't realize when you're angry, what you're really saying is that you're wondering if I'm going to leave you.' It opens up a whole other level of knowing each other."

She has seen many couples in deep crisis and says sometimes what's broken can't be fixed.

"There are times when you really see the two people are hurting each other so much, and there's been so much hurt, that there's not really much we can offer," Humphreys says. "Sometimes couples do need to say that this isn't going to work."

Despite that, she remains optimistic we can find our inner Jack and Rose.

"If they still love their partner and still want the relationship to work and are willing to look at themselves and not just blame each other, I've seen couples make huge changes," Humphreys smiles. That, she says, leads to happier lives, renewed trust — and better sex.

### Not married?

- If you're not married to your partner then things could get messy should there be a split — especially if you are either in business together or if one relies on the other financially. For the ins and outs of common-law relationships, see sidebar.

For more Matters of the Heart exclusive series check the Workology section and Metronews.ca/work

## Common rules for common-law

**COURTS** Common-law partners in Ontario and most other provinces do not have the same rights as married couples, says a Toronto family law expert.

"Certainly the courts think that people know the difference but I know from my own practice that that's not the case," said Nicola Savin of Birenbaum, Steinberg, Landau, Savin and Colraine. Nowadays, Savin said, it's easy for couples to slip into a common-law situation without really thinking about it because it's so much more common.

"You live with someone for 20 years and have four children and they walk out on you, you've got no property rights," she said.

Common-law rights falls under provincial jurisdiction. In Ontario, a couple is legally common law three years after the day they start living together, or as soon as they have a child together, either natural or adopted. Under federal law, a common law couple can seek spousal or child support after cohabiting for one year, "But you do not have any property claims," Savin said. Under Ontario's Family Law Act, "property" includes cars, stocks, pensions, RRSPs, money that is owed, shares, the right to purchase shares, the right to collect royalties, jewelry, electronic equipment, furniture, collectibles, art and any interest in an unincorporated business. If common law couples want to have similar rights to those who are married, they can sign a cohabitation agreement which spells out what both parties want their financial and family arrangements to be.

–ROBYN YOUNG

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Dalhousie University unveiled its new Biomolecular Magnetic Resonance Facility at the National Research Council Institute for Marine Biosciences. The $4-million facility boasts the world's most sensitive MRI machine. METRO NEWS SERVICES

# From gut feelings to a career

OddJobs

Years ago, when Lynda Doyle was young and had recently learned to drive, she came to a red light that just would not change. It was late and there was no one around. She was tempted to drive through, but a gut feeling told her to wait.

Suddenly, a car came flying through the intersection. If she'd ignored the light, it would have hit her. When the light did change, she followed her instincts again and turned. A few minutes later, she came across an accident caused by the car, and was able to help by calling the police and ambulance.

"I've always been able to trust my sixth sense; my gut feeling, I was raised that way," says Doyle, 51.

The London, Ont., native was partially raised by her grandmother, who was considered a seer, and taught Doyle all she knew. But Doyle kept her gift from friends, and had no plans to make it part of her career.

She became a nurse, but visions of her patients' futures sometimes barged into her mind. She pushed them aside. She got married and had a daughter, worked as a funeral director and then began studying sociology and criminology.

Gradually, she allowed her intuition to come back into her life. She continued studying — she did a masters in women's studies and spirituality and then a PhD in metaphysics — and starting doing spiritual counselling part time.

Now, 30 years later, she's an ordained spiritualist, Reiki master and medium. She speaks to large groups, runs courses (one's called Psychic 101), and does private sessions either face-to-face, on the phone or via web cam. Before a private session, Doyle takes 15 minutes to meditate; completely clearing her mind and focusing on her client.

In the session, she'll use tarot cards or a tool called an angel rod, if the clients wants, but she prefers just holding the person's hand and tapping into his or her energy. She starts talking about the person's health, then work, education, finances and personal life. If a client wants a reading on someone who's alive or dead, all Doyle needs is a picture and the person's birthday.

While Doyle loves her work and her clients — some of whom have been seeing her for three decades — it's not easy to get glimpses into what's really going on and the future. As a result, she avoids watching the news and has to cleanse her mind after a reading. "It doesn't stop on a dime."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

### The Lowdown

**Job title:** Psychic/spiritualist
**Salary:** $65 to $85 a session
**Education/training:** Mentoring from another seer, extra study in spiritualism
**Best part of the job:** "When you look at a person's face and know they have some hope, that you've touched them in some way."
**Worst part of the job:** "The sad stories. It's a huge responsibility. Many times people don't admit they have a problem."


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**Sidekick in serious condition**

Ed McMahon has been hospitalized with pneumonia for nearly a month and is in serious condition. "He's getting great care and he's a fighter," Howard Bragman, a longtime friend to the 85-year-old Tonight Show announcer, told TVGuide.com. **TVGUIDE.COM**

# Entertainment

## New direction

**Drew Barrymore is apparently in the lineup of potential directors for the third instalment of Stephenie Meyers' teen-blood-lust-romance series, Eclipse.**

**EMPIREONLINE.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

## Box office

1. **Madea Goes to Jail:** $16.5 million US
2. **Jonas Brother 3-D:** $12.7 million
3. **Slumdog Millionaire:** $12.2 million
4. **Taken:** $10 million
5. **He's Just Not That Into You:** $5.9 million
6. **Paul Blart: Mall Cop:** $5.6 million
7. **Coraline:** $5.3 million
8. **Street Fighter:** $4.7 million
9. **Confessions of a Shopaholic:** $4.5 million
10. **Fired Up:** $3.8 million

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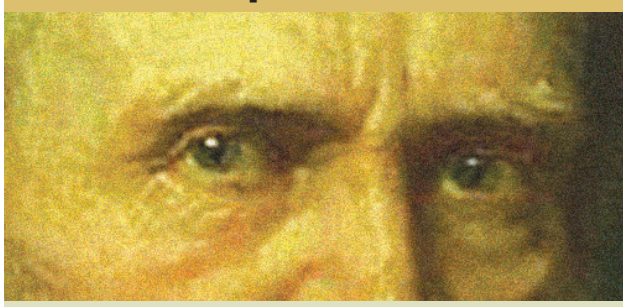

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# Graphic adaptation

## Director Zack Snyder brings Watchmen to big screen

**CHRIS ALEXANDER**
for Metro Canada

Zack Snyder, left, directs actor Robert Wisden, who plays Richard Nixon, in Watchmen.

**Zack Snyder is no stranger to controversy. The slick, visionary director wet his beak in the medium of music videos before raising universal horror geek ire when he chose, as his first feature, a remake of the epic cult classic zombie film Dawn of the Dead.**

But he emerged from that experience relatively unscathed — with his fresh, breathlessly-paced thriller being embraced by both mainstream critics and hardcore genre buffs alike.

Now, after tackling graphic novel greatness with the thundering 300 (and receiving similar flack for being both racist and historically revisionist), Snyder is poised to unleash his most high stakes and potentially controversial effort yet: A gigantic — and mostly faithful — rendering of Alan Moore's celebrated anti-superhero allegory Watchman

Opening Friday, it's a picture that at first appears to be another comic book film but is, in reality, light years removed from Spider-Man.

"I didn't want to make a PG-13 version of a superhero movie," says Snyder, "I wanted it to go all the way with violence, sex and fight scenes, in the opposite way than X Men or Fantastic Four would go.

"This is a hard movie on every level, without question, and people who go in to the theatre expecting a film like X-Men are going to get punched in the face."

**"People who go in to the theatre expecting a film like X-Men are going to get punched in the face."** Zack Snyder

For more than 20 years, filmmakers of every persuasion have attempted to bring Moore's layered, complex and relentlessly nihilistic story of faded costume heroes and their varying levels of psychosis to the screen, with cutting edge director Darren Aronofsky (The Wrestler) even once slated to helm.

But Snyder has used Moore's revered source material to fully expand his developing sense of visual-based cinema, sculpting some of the most dynamic and potent imagery ever committed to pulp fiction filmmaking in the process.

"I love tone and self-reflection" Snyder says about his creative leanings. "That's what I'm all about. Paul Verhoeven's Robocop is one of my favorite movies because you can either interpret it as a movie about a robot policeman who kicks ass or as an anti-technology film about man losing touch with his place in the universe.

"So it's that kind of duel dynamic that I hope I've achieved with Watchmen."

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**Bosworth helps produce new film**
Kate Bosworth has landed a producer role on the film adaptation of the novel Lost Girls and Love Hotels. **FEMALEFIRST.CO.UK**

# Careless Whisper

## Rock band Seether covers Wham! hit

**GRAHAM ROCKINGHAM**
for Metro Canada

Seether role into town tonight for a gig with Nickelback.

**It started out as a joke.**

South African rockers Seether were wanting to give their fans a special Valentine's Day present. Something out of the ordinary. So the band recorded a rock version of Wham!'s 1984 hit Careless Whisper and post it to the band's website (seether.com). Picture it — Seether's fuzz guitars flowing over Wham!'s lovesick lyrics. How could it have been anything but a joke?

The four members of the band had a day off from their busy touring schedule (Seether performs with Nickelback tonight at the Air Canada Centre). So they booked themselves into New York's fabled Electric Ladyland Studios, home to Jimi Hendrix's greatest guitar pyrotechnics.

It only took an afternoon and the deed was done. Shaun Morgan's howling vocals and that ever-present fuzz guitar squeezing every ounce of rock out of George Michael's schmaltzy words.

*'I'm never gonna dance again*

*Guilty feet have got no rhythm'*

But a funny thing happened when the band listened to the tapes. It sounded good.

"Somehow it worked out that it translated really well into a rock song," explains Seether bassist Dale Stewart in a phone interview. "It's kind of funny.

"It's actually a good song," he continues, almost as if he's trying to convince himself. "It's got a good melody. We beefed it up a little bit and wrote a kind of a different riff for it in the bridge section."

"We've been playing it live. It's a fun song to play and actually it's been going down quite well at the shows."

So what's next for Seether? A metal rendition of Take Me Out Before You Go Go? Maybe a Boy George cover? Or perhaps an ABBA track? Dancing Queen, anyone? "I wouldn't put anything past us," Stewart laughs. "We decided a little while ago that if we're going to do a cover, especially if we're going to record it, we wanted to do songs that people wouldn't expect us to do ... This is one that actually turned out well."

### In concert

- South African act Seether opens for Nickelback tonight at the Air Canada Centre.

## Coen Brother take aim at clean coal

**MOVIES** The Coen brothers, who won Oscars for No Country for Old Men, have turned their sardonic sights on the coal industry.

Joel and Ethan Coen directed a TV commercial attacking the notion coal can be an environmentally safe way to produce electricity.

About 600 coal-burning plants supply nearly one-half of U.S. power but critics say coal is a major contributor to global warming.

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**Will Murphy play Pryor?**
Dreamgirls writer/director Bill Condon has written a script for Eddie Murphy about the life of outrageous stand-up Richard Pryor. EMPIREONLINE.COM

## Hearing can't settle Piven's play dispute

**THEATRE** Jeremy Piven is not off the hook yet. The producers of Speed-the-Plow said Friday they will file for arbitration to settle their dispute with the actor for abruptly quitting the New York show after his doctor said he was suffering from mercury poisoning.

The action came after no agreement was reached in a grievance hearing requested by the producers. A panel composed of Actors' Equity and Broadway League representatives were unable to reach a required unanimous decision. The producers issued a statement saying they would file for arbitration.

The 43-year-old Piven, the Emmy- and Golden Globe-winning star of HBO's Entourage, departed the production of David Mamet's satiric comedy after his physician said he had high levels of mercury in his body.

THE ASSOCIATED PRESS

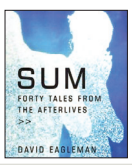
# Trying to find an escape route

BookPicks

### American **Rust**

**Author:** Philipp Meyer
**Publisher:** Random House
**Price:** $27.95 (Hardcover)

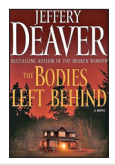
Isaac English has little reason to remain in Buell, Pa. The dwindling steel town is beset with economic ruin, and for English, that devastation is echoed in his mother's suicide and sister's getaway to Yale. He tries to leave for California with high school chum Billy Poe, but when a drifter tries to rob Poe, English accidentally kills the man. The pair tries to shirk fault for the crime and English continues his quest for escape.




### Sum: Forty Tales **from the Afterlives**

**Author:** David Eagleman
**Publisher:** Viking Canada
**Price:** $26 (Hardcover)

What happens to us after we die? Neuroscientist David Eagleman has 40 fictional answers, each blending science with imagination. In Circle of Friends, the afterlife looks and feels like real life, but the only people who populate it are those you know. In Angst, the afterlife sees our bodies grow 10,000 kilometres tall, across nine dimensions, and it's our job to maintain the cosmos. Eagleman's stories contain wit and reflections on theism, love and regret.




### The Bodies Left **Behind**

**Author:** Jeffery Deaver
**Publisher:** Simon & Schuster
**Price:** $29.99 (Hardcover)

Brynn McKenzie is a resilient Wisconsin deputy with a stained past. While off duty, she hears a 911 call being abruptly cut off. Concerned, she ventures to a vacation house and discovers a tragic scene and a vacationer named Michelle. When Brynn and Michelle encounter a pair of dangerous criminals, they make a run to the woods to escape. There, they fight to stay alive while trying to reconcile their opposing personalities.

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**Alexis scrubs in for ER finale**
Gilmore Girls actress Alexis Bledel will be guest star on the two-hour series finale of ER. Bledel will scrub in as new intern Dr. Julia Wise. PEOPLE.COM

# Siegfried and Roy make a comback

**PERFORMANCE** Siegfried and Roy — and the Bengal tiger that ended their careers — shared the stage again Saturday night for a haunting final production.

The brief charity show saw Roy Horn and Siegfried Fischbacher side by side with Montecore, the massive white tiger that brutally mauled Horn during a 2003 performance.

Horn re-emerged Saturday dressed in black robes, his face covered with a skeletal mask. The dark stage was covered in smoke. Horn limped slowly onstage, often steadying himself on Fischbacher's shoulder.

The two slowly performed a signature illusion as Fischbacher, dressed in white robes and a mask, stood inside a cage, which was then cloaked in drapes. As Horn removed the curtain seconds later, Fischbacher appeared across stage, a hulking tiger in his place.

As the crowd took to its feet, the men removed their masks. Fischbacher standing between the tiger and Horn. They waved and blew kisses at the audience, but said nothing.

An announcer left the crowd with this final thought: "Within all of us there is an illusive melody, which when heard and followed will lead you to the fulfillment of your fondest dreams."

In October 2003, Montecore sank its teeth into Horn's neck, dragging him offstage in front of a horrified audience. The illusionist, now 64, was partially paralyzed, suffering a damaged neck artery and crushed windpipe.

THE ASSOCIATED PRESS

## In brief

**MOVIES** The Jonas Brothers made a homecoming of sorts with a surprise appearance at a suburban New York movie theatre they frequented while growing up. The pop stars' stop at the Palisades Center on Saturday was one of several around the U.S. to promote their new film, Jonas Brothers: The 3-D Concert Experience.

THE ASSOCIATED PRESS

GlobalStyle

Kenya Hunt

Read Milan Fashion Week reviews, exclusively at metronews.ca/globalstyle

# Chun-Li a half-baked spinoff

Street Fighter: **The Legend of Chun-Li**

**Director:** Andrzej Barkowiak
**Stars:** Kristin Kreuk, Chris Klein, Neil McDonough
**Classification:** 14A
**Rating:**

IAN GORMELY
for Metro Canada

Kristin Kreuk, left, plays the titular character bent on avenging her kidnapped father in Street Fighter: The Legend of Chun-Li.

**Twenty years ago when a big blockbuster movie came out, they made half-baked video game adaptations to promote its release. Oh how the tables have turned. These days half-baked films are spat out to promote the games — Street Fighter: The Legend of Chun-Li, which was conveniently released a week after the unveiling of the latest installment of the one-on-one fighting game series.**

The Legend of Chun-Li is the second film spun-off from these games, though it has nothing to do with the 1994 Van Damme fiasco. As the title suggests it provides a back story for the game's long running female character (the one that does the spinning helicopter kick) dropping her into a typical martial arts revenge flick painfully unaware of its convoluted and cliched plot.

As a young girl, Chun-Li witnessed her father's kidnapping by nefarious developer Bison (Neil McDonough) and his henchman Balrog (Michael Clarke Duncan). Fast forward a decade, and Chun Li, now an adult played by Smallville's Kristin Kreuk, receives a mysterious scroll, which leads her to Bangkok. There she meets Gen, Bison's childhood friend, who teaches her martial arts to extract her revenge and stop Bison from redeveloping the Bangkok slums into condos.

No one expects high art from a film based on a video game, but it should at least be fun. And that's The Legend of Chun-Li's downfall. The dud of a script leads to some seriously stiff acting from a talented ensemble. Director Andrzej Bartkowiak (who also directed the Doom adaptation) gets so wrapped up in weighty melodrama that it forgets to let the film and the audience have fun with what's already a fairly preposterous plot. A film like Street Fighter should focus on fighting and action, but what little it has is uninspired and just boring.

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| TO | | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3/2/09 | primetime | 265 | 353 | 2 | TVO | Time Team "Early Bath" (N) | | The Agenda With Steve Paikin | | Midsomer Murders | | Auschwitz:Nazi-Final Solution | | Agenda-Paikin |
| | | 211 | 331 | 3 | GTV | ET Canada | Entertainment | 24 "Day 7: 6:00PM - 7:00PM; Day 7: 7:00PM - 8:00PM" | | | | Heroes "Exposed" (N) | | News (N) |
| | | 215 | 343 | 4 | OMN1 | Two/Half Men | The Simpsons | News (N) | | Vivere Il | News (N) | The Simpsons | King of the Hill | Metropia |
| | | 210 | 302 | 6 | CBC | Coronation St. | Jeopardy! (N) | Little Mosque | Sophie (HDTV) | Just for Laughs (N) | | CBC News: The National | | The Hour |
| | | 214 | 344 | 7 | CITY | Law & Order: SVU | | The Bachelor (Season Finale) (N) | | | | (10:02) The Bachelor | | News (N) |
| | | 212 | 313 | 8 | CTV | etalk | Hollywood | Big Bang Th | Gary Unmarr | Two/Half Men | Corner Gas (N) | CSI: Miami (HDTV) (N) | | News (N) |
| | | 218 | 345 | 11 | E! | The Insider (N) | E! News | The Soup | How I Met | Engagement | Engagement | Snoop Father | Snoop Father | News (N) |
| | | 137 | 763 | 13 | TFO | Panorama | | Kheops révélé | | Cartouche, Prince de Faubourgs | | | | Professionels |
| | | - | - | 14 | - | Raymond | Raymond | News (N) | | News (N) | | Two/Half Men | King | Japan-Korea |
| | | 213 | 326 | 15 | SUN | Scrubs | George Lopez | Funniest Pets | Funniest Pets | One Tree Hill (HDTV) | | To Serve and Protect | | Becker |
| | | - | 387 | 16 | CBS | Inside Edition | Hollywood | Big Bang Th | How I Met | Two/Half Men | Engagement | CSI: Miami (HDTV) (N) | | News (N) |
| | | - | 385 | 17 | NBC | The Insider (N) | Entertainment | Chuck (HDTV) (N) | | Heroes "Exposed" (N) | | Medium (HDTV) (N) | | News (N) |
| | | - | 386 | 18 | ABC | Wheel-Fortune | Jeopardy! (N) | The Bachelor (Season Finale) (N) | | | | (10:02) The Bachelor | | News |
| | | 219 | 346 | 20 | ACH-B | Instant Star | TMZ (N) | Gossip Girl (HDTV) | | Ghost Whisperer | | Medium (HDTV) (N) | | News (N) |
| | | - | - | 28 | FOX | Judge Judy (N) | Two/Half Men | 24 "Day 7: 6:00PM - 7:00PM; Day 7: 7:00PM - 8:00PM" | | | | Seinfeld | Two/Half Men | The Simpsons |
| | | - | 388 | 61 | PBS | News-Lehrer | Time Goes By | Yanni Voices: Live From the Forum in Acapulco | | | | Yanni Voices | | Business Rpt. |
| | | 297 | 652 | 330 | WPX | Two/Half Men | Family Guy | Gossip Girl (HDTV) | | One Tree Hill (HDTV) | | PIX News at Ten Tong. | | Two/Half Men |
| | | 296 | 654 | 331 | SBK | Wheel-Fortune | Jeopardy! (N) | Dr. Phil (HDTV) | | WBZ News (N) | '70s Show | Frasier | Frasier | Punk'd |
| | | 298 | 653 | 332 | TLA | Jamie Foxx | Wayans Bros. | My Wife-Kids | According-Jim | Friends | KTLA News | Two/Half Men | Two/Half Men | Gossip Girl |
| | news | 502 | 390 | 26 | NW | CBC News | Newman | The Hour | | CBC News: The National | | Miracle on the Hudson | | National |
| | | 500 | 500 | 33 | CNN | Lou Dobbs Tonight | | Campbell Brown: No Bias | | Larry King Live | | Anderson Cooper 360 (HDTV) | | |
| | | 509 | 504 | 79 | CNB | Kudlow Report | | CNBC Reports (HDTV) | | Scam of the Century: Madoff | | On the Money | | Mad Money |
| | sports | 405 | 417 | 22 | net | Snowboarding: World Cup | | Skiing FIS Freestyle -- Moguls. | | Best Damn Sports Show | | Sportsnet Connected | | Hockey Central |
| | | 400 | 400 | 30 | TSN | NHL Hockey Colorado Avalanche at New York Islanders. (HDTV) (Live) | | | | | SportsCentre | | That's Hockey! | SportsCentre |
| | | 411 | 457 | 58 | OLN | Dog: The Family Speaks | | Survivorman | | Mantracker | | Dog: The Family Speaks | | Survivorman |
| | | 417 | 406 | 81 | SC | Pimp My Ride | Pass Time (N) | This Week in NASCAR (N) | | SuperCars | SuperCars | Barrett-Jackson | | Car Crazy |
| | family | 551 | 542 | 25 | YTV | Adrenaline Proj | Prank Patrol | Malcolm-Mid. | Futurama | Prank Patrol | Zixx Level | Falcon Beach | | Mystery Hnt. |
| | | 554 | 544 | 45 | TEL | Totally Spies | Total Drama | 6TEEN | 6TEEN | Futurama | Punch | Robot Chicken | American Dad | Moral Orel |
| | | 556 | 540 | 51 | FAM | Wizards-Place | Han. Montana | Zack & Cody | Latest Buzz | Wizards-Place | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | cable variety | 602 | 567 | 27 | W | Will & Grace | Friends | How Clean | Kim | Love It or List It | | Dollars | Smart Cookies | Maxed Out |
| | | 570 | 580 | 29 | MM | Meet Barkers | Meet Barkers | disBand | Technical Diff. | MuchTopTens | | MuchTalks | Video on Trial | MuchVibe |
| | | 615 | 520 | 31 | A&E | CSI: Miami "Free Fall" | | Intervention "John" | | Intervention (HDTV) (N) | | Paranormal | Paranormal | Paranormal |
| | | 700 | 800 | 35 | TLN | Centrovetrine | Sky TG 24 | Carabinieri | | Carabinieri | | Raymond | Raymond | George Lopez |
| | | 571 | 581 | 36 | MMM | mmmtop | Revival | Listed | | Don't Forget the Lyrics! | | Don't Forget the Lyrics! | | Where You At |
| | | 575 | 583 | 38 | CMT | Hottest Men of Country | | Home Improve. | Home Improve. | Reba | Reba | Hope & Faith | Hope & Faith | Coyote Ugly |
| | | 616 | 521 | 39 | SHO | The Outer Limits | | Kink in Hair | Kink in Hair | Kenny-Spenny | Rent-A-Goalie | Name Is Earl | Testees | House |
| | | 620 | 523 | 40 | BVO | Circle of Champions | | Blood on the Moon | | Riverdance: Today's Stars (N) | | A Bronx Dream | | Law & Order |
| | | 601 | 562 | 41 | SLC | Til Debt-Part | Rich Poor | Til Debt-Part | Til Debt-Part | Tabatha's Salon Takeover | | Project Runway Canada | | ET Canada |
| | | 522 | 506 | 43 | HIS | NCIS | | Battle 360 | | Battlefield Mysteries | | NCIS | | Sea Hunters |
| | | 625 | 548 | 44 | COM | Air Farce | Just for Laughs | | Corner Gas | The Simpsons | South Park | Brian Regan: Standing Up | | Daily Show |
| | | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | For Rent | Income Prop. | Property Virgin | House Hunters | Ambrose Price | Petal Pushers | Holmes-Homes |
| | | 294 | 529 | 47 | TBS | House-Payne | House-Payne | *Out of Time* ★★ (2003, Suspense) Denzel Washington. | | | | Brother | Seinfeld | Family Guy |
| | | 576 | 582 | 49 | BET | *Friday* ★★ (1995, Comedy) Ice Cube, Chris Tucker. | | | | Rip the Runway '09 (N) | | Harlem Heights | Harlem Heights | *Friday* |
| | | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Lost "The Greater Good" | | Star Trek: Voyager | | Sarah Connor Chronicles | | Stargate SG-1 |
| | | 581 | 566 | 52 | MTV | The City | City Live After | MTV News | Cribs | The Girls of Hedsor Hall | | The City | City Live After | MTV Live |
| | | 618 | 524 | 54 | TROP | TV Made, Do It | News Show | Tube Tales | E News | Make or Break | TV Made, Do It | Planet Soap | Reality | Deal-No Deal |
| | | 603 | 561 | 56 | FOOD | Chef at Home | Chef at Home | Restaurant Makeover | | Food Detective | Road Tasted | Hell's Kitchen | | Chef School |
| | | 261 | 394 | 60 | V | Murder, She Wrote | | Eyes Down | May-December | McLeod's Daughters (N) | | Twist of Faith | Clergy | Poltergeist |
| | | 621 | 527 | 63 | STR | The Ellen DeGeneres Show (N) | | TMZ (N) | etalk | Paris Hilton's British Friend | | The Tonight Show-Jay Leno | | TMZ |
| | | 553 | 546 | 65 | TRE | Backyardigans | Nght Grdn | Max & Ruby | Franklin | Little Bear | Bucket-Dinos | Comfy Couch | Big & Small (N) | Max & Ruby |
| | | 115 | 711 | 101 | TVA | Les Gags (SC) | Star Académie: | Annie et ses hommes (SC) | | Dr. House (SC) | | TVA 22 heures | (10:45) Denis Lévesque | |
| | | 126 | 730 | 102 | RDI | 24 Heures en 60 minutes | | Grands reportages (SC) | | Le Téléjournal (SC) | | RDI en direct | Le National | Le Téléjournal |
| | | 526 | 507 | 249 | VIVA | Judging Amy | | Commander In Chief | | The West Wing | | Truth, Duty, Valour | | Mediums |
| | | 300 | 601 | 301 | M1 | Stargate Atlantis | | Sanctuary "The Five" | | U.S. of Tara | Secret Diary | ZOS Zone of Separation | | Atlantis |
| | | 305 | 612 | 306 | PIX | (6:50) *Two Solitudes* ★★ (1978, Drama) Stacy Keach. | | | | *The Maltese Falcon* (1941, Crime Drama) | | | (10:45) *Harry's Case* | |

## critics' corner

**Riverdance: Today's Stars**
Young ballet students may dream of dancing with the New York City Ballet. For those studying Irish step dance the ultimate prize is a part in "Riverdance," the production that debuted in 1994. This new documentary catches up with the current cast members of a "Riverdance" touring company in Killarney. 9 PM on BVO

**Heroes**
Acting on a tip from Rebel, Matt and Peter race to Building 26 to rescue Daphne and recover files that will expose the government's plans for those with abilities. An unlikely source helps Claire smuggle Alex out of the city in the new episode "Exposed." 9 PM on NBC; 10 PM on GTV

**Rules of Engagement**
Russell is the kind of dude's dude whose sense of his own cool is threatened by nothing. And that's the discovery that Audrey parlays into free theater tickets for herself. Adam and Jennifer take dancing lessons in the new episode "Russell's Secret." 9:30 PM on E!; 9:31 PM on CBS

**Swift takes decor cues from star pals**

Country star Taylor Swift plans to turn her first home into a replica of pals Tim Mcgraw and Faith Hill's Los Angeles pad after living there while shooting scenes for an episode of CSI: Crime Scene Investigation, femalefirst.co.uk reports. METRO NEWS SERVICES

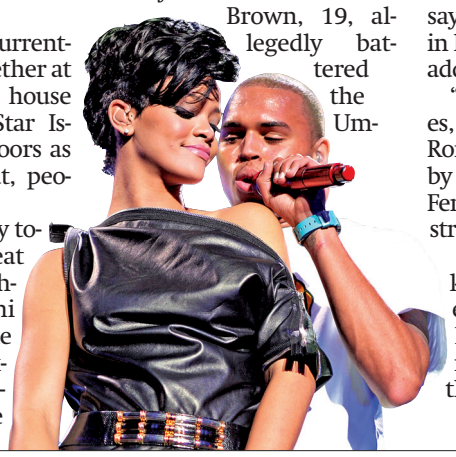
## Celebrity Buzz

# Patch-up in progress?

**RELATIONSHIP** Rihanna and Chris Brown are "definitely together" and focusing on a reconciliation, a source tells People.

The pair, who are currently spending time together at Sean (Diddy) Combs' house on Miami Beach's Star Island, are staying indoors as they hash things out, people.com adds.

"They are definitely together and care a great deal about each other," says a Miami source. "They feel like staying in and working through their issues. So far they have not wanted to go out."



Rihanna and Brown's alleged reconciliation comes nearly three weeks after Brown, 19, allegedly battered the Umbrella singer on Feb. 8.

Learning that his daughter and Chris Brown have reconciled, Rihanna's father says he supports the singer in her decisions, the website adds.

"Whatever road she chooses, I'm behind her," said Ronald Fenty, when reached by telephone on Barbados. Fenty took the reunion in stride Saturday.

He says he hasn't spoken to his daughter since earlier last month and only found out about the reconciliation through the media.

METRO NEWS SERVICES

# Kids, Pitt leave Jolie feeling 'depressed'

**FAMILY** Angelina Jolie is "really depressed," femalefirst.co.uk reports.

The actress — who was seen apartment hunting alone in New York recently — has reportedly told partner Brad Pitt she needs some time alone after struggling to cope with the pressures of raising their six young children.

A source said: "Angelina has told Brad she needs her space. She is a fiercely independent person and needs time alone to feel sane and happy.

"There is a massive tension between her and Brad and they have been fighting."

Friends claim the couple's relationship is in trouble because Jolie, 33, is becoming increasingly unhappy with 45-year-old Pitt's changing attitude, the website adds.

"Brad is beginning to reassert himself. This appears to be freaking her out," an insider reportedly said.

METRO NEWS SERVICES

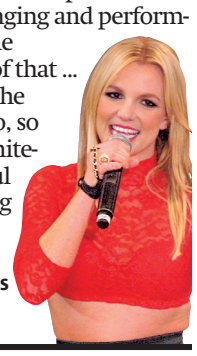
# Britney to kick off crucial tour

**CONCERTS** The elaborate costumes are packed. The 16 semis filled with magic props and big-top sets are on the road, people.com reports.

When Britney Spears takes the stage at the New Orleans Arena tomorrow — the opening night of her Circus tour — the stakes will never be higher. After more than two years of personal drama, the tour will either make or break the professional comeback she began last fall.

According to sources, Spears, 27, who left Friday for Louisiana, has been hard at work preparing for the show.

"She's pretty determined," a friend tells People. "She missed singing and performing and the freedom of that ... it's what she loves to do, so she's definitely thankful to be doing that again."



METRO NEWS SERVICES

# Lohans work on weight issues

**ADVICE** Lindsay Lohan's family has begged her to put on weight, femalefirst.co.uk reports.

The Mean Girls actress' mother Dina and 15-year-old sister Ali want the thin star to return to the family home in Long Island so they can make sure she is eating.

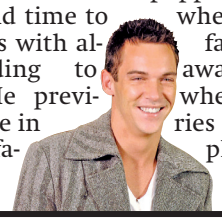
"That way Dina and Ali can look after her and stop her skipping meals. It would be the best thing for her," a source said. "We know it's stress behind the weight loss."

But the 22-year-old star — who has reportedly lost nearly 14 pounds from her already-slender frame in the past two months — has reportedly refused to leave Los Angeles without her girlfriend, DJ Samantha Ronson.

METRO NEWS SERVICES

# Rhys Meyers back in rehab

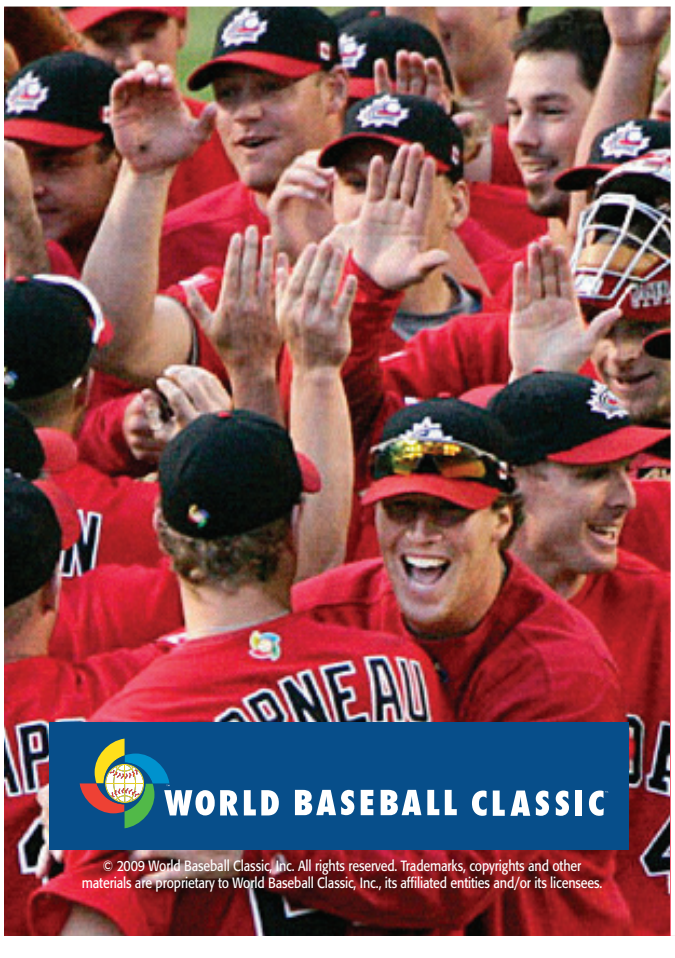
**ADDICTION** Tudors star Jonathan Rhys Meyers has checked himself into rehab for a second time to deal with issues with alcohol, according to Gatecrasher. He previously spent time in the Promises facility in 2005.



Rumours that his drinking had resurfaced popped up last month when the Irish actor failed to appear at an awards show in Dublin where his Showtime series took home 10 trophies.

METRO NEWS SERVICES

The Grand Slam

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Tuesday Sunny -6° / -12°

Wednesday Variable -1°/ -7°

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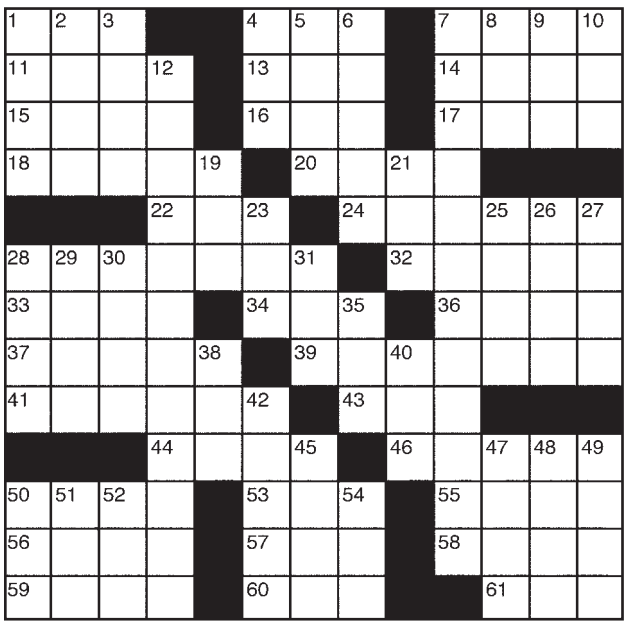
# Take Five



## Crossword across

1 Incorrect
4 "Lost" network
7 Young tulip?
11 Equestrian game
13 Scrooge's cry
14 Black-and-white cookie
15 Basin accessory
16 Blackbird
17 One
18 Pristine
20 Singer Campbell
22 Pinch
24 Completely
28 Used mouthwash
32 Pancake topper
33 Author James
34 Wrigley product
36 "..., oh, where can —?"
37 Support
39 Disarmed a bomb
41 Pago Pago dweller
43 Pale
44 Beehive State
46 Desolate
50 "So be it"
53 Total
55 Squared away
56 Work in the mailroom
57 Get older
58 Carnival attraction
59 Move back and forth
60 Lower limb
61 Buck's mate

## Crossword down

1 Oil-cartel acronym
2 Poultry
3 Run away
4 "The — Daba Honeymoon"
5 "Pow!"
6 Tex-Mex entree
7 Seeker of fugitives
8 Spigoted vessel
9 Floral neckwear
10 Automaton, for short
12 Anaheim is there
19 Zero
21 Type measures
23 Dowel
25 Raw rocks
26 Oil paint container
27 Newspaper page
28 Chatters
29 Taj Mahal city
30 Paper quantity
31 Flop
35 Kitten's call
38 Nosh
40 Mis' neighbors
42 Twangy
45 Ginormous
47 Eager
48 Start over
49 Dandling site
50 Donkey
51 Do lawnwork
52 Historic time
54 "Family Guy" daughter

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | | | 6 | | 4 | | | |
| 5 | 9 | | | | | | 3 | 2 |
| | 1 | | | 5 | | 7 | | |
| | 5 | | 7 | 6 | | | | 9 |
| | | 1 | | | | 6 | | |
| 8 | | | | 4 | 5 | | 2 | |
| | | 9 | | 1 | | | 8 | |
| 1 | 2 | | | | | | 6 | 4 |
| | | | 5 | | 2 | | | 1 |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| S | I | N | G | S | ■ | B | B | C |
| K | N | E | E | L | ■ | O | R | R |
| I | N | T | R | O | ■ | B | A | Y |
| ■ | ■ | I | M | B | I | B | E | ■ |
| B | I | Z | ■ | S | O | L | ■ | H |
| O | R | E | S | ■ | W | E | B | E |
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| 1 | 8 | 9 | 4 | 6 | 7 | 3 | 5 | 2 |
| 6 | 5 | 3 | 2 | 1 | 8 | 9 | 7 | 4 |
| 5 | 3 | 6 | 8 | 9 | 2 | 4 | 1 | 7 |
| 4 | 9 | 1 | 5 | 7 | 3 | 2 | 6 | 8 |
| 8 | 2 | 7 | 6 | 4 | 1 | 5 | 9 | 3 |

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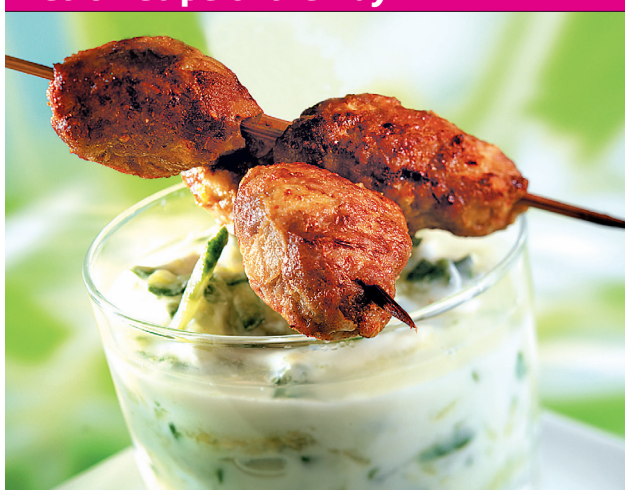
**SUDOKU SOLVE TIME:**
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

## Metro Recipe of the Day



### Spiced Lamb Kofta

**INGREDIENTS FOR KOFTA:**
1 lb (500 g) lean ground lamb
1 onion, finely chopped
1 egg
1/4 tsp (1 ml) ground cumin
1/4 tsp (1 ml) ground cinnamon
salt and freshly ground black pepper
3 tsp (15 ml) olive oil

**INGREDIENTS FOR CUCUMBER YOGURT:**
2/3 cup (150 ml) Greek-style yogourt
3 tsp (15 ml) olive oil
1/2 cucumber, coarsely grated
1 garlic clove, crushed
salt and freshly ground black pepper

**METHOD:**
1. Soak eight wooden skewers in cold water 30 minutes. Alternatively, use metal skewers.
2. Mix ground meat, onion, egg and spices in bowl. Add salt and pepper, then bind mixture together either in food processor or by kneading with hands.
3. Divide mixture into sixteen equal portions, then roll into balls. Thread two meatballs onto each skewer, leaving 3/4 in. (2 cm) between them. Lightly brush with oil. Preheat grill or broiler to moderate heat.
4. For dip, blend yogourt with oil. Stir in cucumber, garlic and salt and pepper to season. Mix well and chill until ready to serve.
5. Put skewers on grill or under broiler. If using broiler, ensure that meatballs are about 4-3/4 in. (12 cm) from heat, and watch the skewers carefully when cooking to avoid burning. Cook for about 15 minutes, turning regularly, until golden. Serve with the yogourt dip.

**SERVES 4**

**rd.ca**
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes

AVATAR VENUS

**ARIES**
**MARCH 21-APRIL 20**
An anxious person pretends to be heroic. Something in the mail will awaken a fine romance. Do something bizarre for an unfamiliar man.

**TAURUS**
**APRIL 21-MAY 21**
Work on developing your strength of spirit. Nothing makes sense when a prize is beyond your reach. Anxiety over a confrontation causes a failure.

**GEMINI**
**MAY 22-JUNE 21**
An urgent situation means that stupidity is rampant. A stylish person has a complicated finale. A forecaster has some hidden knowledge.

**CANCER**
**JUNE 22-JULY 22**
Watch out for siblings in distress. The meaning of sentimental drivel is revealed. Dedicate yourself to initiating a wise discussion.

**LEO**
**JULY 23-AUG 23**
A good-for-nothing visitor's loneliness will fade away. Issues with a mother are about to cause a hurried departure. Take your time to plan strategy.

**VIRGO**
**AUG 24-SEPT 22**
Someone is very upset about a shock. Travel delays must be taken into account. Forget about dealing with inconsiderate people.

**LIBRA**
**SEPT 23-OCT 23**
A foreigner insists on taking advantage of you. A hot-headed fool will be leaving you alone soon. A woman regrets making a hasty wisecrack.

**SCORPIO**
**OCT 24-NOV 22**
An alliance with creative types will increase your income. Someone's distress can be reduced. A voice from the past repairs a broken heart.

**SAGITTARIUS**
**NOV 23-DEC 21**
Be amused when faced with a difficult decision. Trust an elder when differences are patched up. A love affair fills you with excitement.

**CAPRICORN**
**DEC 22-JAN 20**
Someone is ready to rethink a situation. You'll feel better after persevering with your original plan. Don't clash with a funny man.

**AQUARIUS**
**JAN 21-FEB 18**
Grit your teeth when a stingy guy makes you irritable. Date a friend for a chance at love. An insomniac will make you feel guilty.

**PISCES**
**FEB 19-MARCH 20**
Don't get flustered when someone celebrates good news. You'll have a disturbing impact by making a decision. A confident speech saves the day.

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**WORDY GURDY®** BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Everyone writes fast and illegibly (1)
2. Outscore Miami's NBA team (1)
3. Dirt-free headmaster (1)
4. Mallard-filled Mack vehicle (1)
5. Lessening the amount of "Ah-choo!"-ing (2)
6. In-shape-ness observer (2)
7. 4, 5, or 6 golf club on a football field (3)

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2-3-09

ANSWERS
1. ALL SCRAWL 2. BEAT HEAT 3. CLEAN DEAN 4. DUCK TRUCK
5. EASING SNEEZING 6. FITNESS WITNESS 7. GRIDIRON MIDIRON

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